



# TOAST OF THE COAST

HIGH SCHOOL ATHLETICS • GIRLS TRACK AND FIELD • 2008-09

## The Team

The Grand Strand's best in girls track and field:



### Juvante Sarvis

- **School** | Conway
- **Class** | Junior
- **Events** | Sprints
- **Notable** | 11th at AAAA qualifier in 100 meters with time of 12.47; second at Horry County meet in 100 meters and long jump



### Lakeitha Alston

- **School** | Carolina Forest
- **Class** | Senior
- **Events** | Discus
- **Notable** | Won Horry County and Region VI-AAA discus titles; second in discus at AAAA state meet (117 feet, 4 inches)



### Lauren Schneider

- **School** | St. James
- **Class** | Sophomore
- **Events** | Long distance
- **Notable** | 15th at Class AAA qualifier in 3,200 meters with time of 13:05.98



### Benjamin Jenerette

- **School** | North Myrtle Beach
- **Class** | Seventh-grader
- **Events** | Long distance
- **Notable** | Won 800, 1,600 and 3,200 meters and was on second-place 3,200-meter relay team at Horry County meet



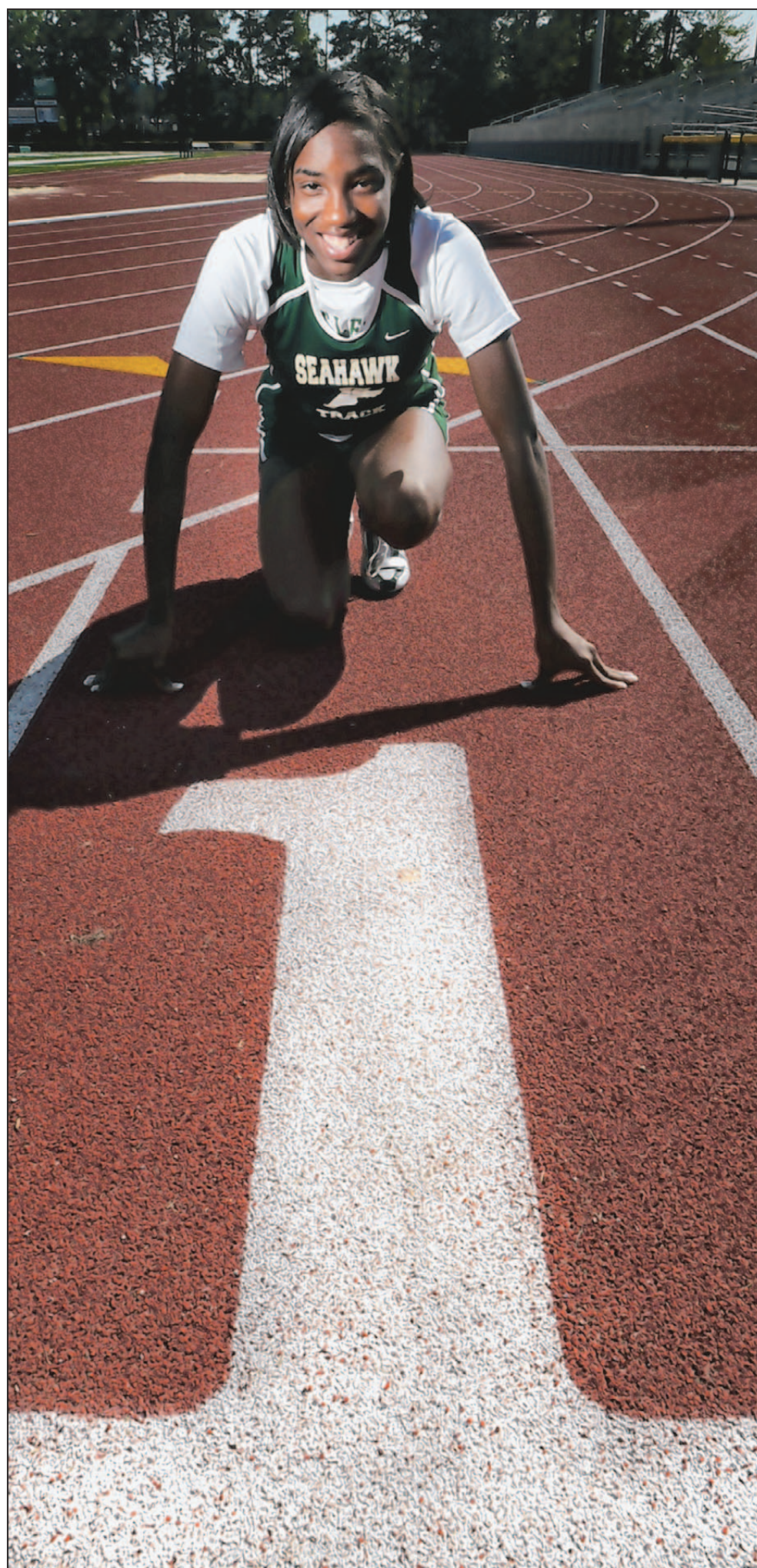
### Shevan Vereen

- **School** | Loris
- **Class** | Senior
- **Event** | Sprints
- **Notable** | Best of 1:00.20 in 400 meters; seventh in 400 (1:01.29), member of sixth-place 400-meter relay team (50.31) at AA state meet



### Latisha Harris

- **School** | Aynor
- **Class** | Senior
- **Events** | Jumps/shot put
- **Notable** | Best of 38 feet in shot put, second in Class AA state meet; best of 35-9/16 in triple jump, second at state meet; Best of 16-6/16 in long jump, sixth at state meet



By CHARLES SLATE [cslate@thesunnews.com](mailto:cslate@thesunnews.com)

Myrtle Beach's Priscilla Harts finished runner-up to J.L. Mann's Briana Nelson in the 100 and 200 meters at the state meet this year.

## The Team

The Grand Strand's best in girls track and field:



### Heather Jewell

- **School** | St. James
- **Class** | Eighth-grader
- **Event** | Pole vault
- **Notable** | Tied school record vault of 7-6 at Region VII-AAA meet; tied for 14th at AAA qualifier (7-6)



### Tyeshia Allston

- **School** | St. James
- **Class** | Freshman
- **Events** | Hurdles
- **Notable** | Fourth in 400 hurdles at AAA state meet with personal-best time of 1:06.04; won region in 400 hurdles



### Haley Haselden

- **School** | Aynor
- **Class** | Freshman
- **Events** | Long jump
- **Notable** | Personal best of 16 feet, 7 1/2 inches in long jump; first in region and seventh in Class AA Lower State



### Christina Wright

- **School** | Carolina Forest
- **Class** | Seventh-grader
- **Events** | High jump
- **Notable** | Won Horry County meet with jump of 4 feet, 8 inches; tied best of 4-10 at Beach Run Invitational



### Carissa Spivey

- **School** | Conway
- **Class** | Senior
- **Events** | Sprints
- **Notable** | Won long jump (15-06) and 400 meters (1:08.0) and was third in 200 meters at Horry County meet



### Sheneka McCray

- **School** | Loris
- **Class** | Senior
- **Events** | Sprints
- **Notable** | Sixth in 100 meters (12.92), member of sixth-place 400-meter relay team (50.31) at AA state meet; sixth in long jump (15-08) at Lower State

# No longer off in the distance

By NATE RIPKE  
For The Sun News

## Myrtle Beach's Harts has run her way upon heels of a state title

After missing out on a state championship ring by just one-tenth of a second this year at the Class AAA state track and field meet, the 2010 season can't come soon enough for Myrtle Beach sophomore sprinter Priscilla Harts.

As the 2009 Toast of the Coast Girls Track and Field Athlete of the Year, Harts is not satisfied with being the fastest runner in the area. Instead, the Myrtle Beach track standout has her eyes set on loftier goals.

Harts placed second behind by one of the nation's top sprinters, J.L. Mann's Briana Nelson, in both the 100 and 200 meters at the S.C. state meet last month. Harts will have one more season to knock off Nelson, who will try to lead J.L. Mann to its sixth consecutive Class AAA team title during her senior year in 2010.

"The great thing about Priscilla's rise to the top is they don't know who she is," Myrtle Beach coach Reggie Alston said. "We

know who Briana Nelson is and that's where we want to be.

"We want them to know who Priscilla Harts is."

Harts' strongest race and best chance to defeat Nelson is in the 100 meters, but Nelson is an established runner who has won at least one individual state title every

year since the seventh grade.

"It's not easy getting into the blocks knowing that she has been winning state titles for that long," Harts said. "This year I thought I had her, but my goal next year is to get a [state championship] ring."

With only two years of varsity experience, Harts is still being polished into a top-tier

sprinter.

"Priscilla didn't start running track until her freshman year," said Alston in comparing her high school career to Nelson's. "[Harts] finally gained enough race experience this year to show what she is capable of.

"This summer she will join the Myrtle Beach Track Club, and will have a chance to train year-round along with playing basketball and running cross country. It will be interesting to see how much she benefits from that next year on the track."

Entering her junior year, Harts has already received letters of interest from a handful of collegiate programs.

"I definitely want to focus on my high school career first," said Harts, who also excels in the classroom. "But looking ahead, I dream of running track for either Clemson or South Carolina and maybe someday I can qualify for the Olympics."

### Priscilla Harts, Girls Track and Field Athlete of the Year

- **School** | Myrtle Beach
- **Class** | Sophomore
- **Events** | Sprints
- **Notable** | Finished second in the 100 meters and 200 meters at the Class AAA state meet to J.L. Mann's Briana Nelson; Ran 12.10 in 100 meters and 24.74 in 200 meters at state meet and ran on state runner-up 400-meter relay team with time of 49.00

#### THE SERIES

This is the fifth installment in an eight-day series honoring the top high school spring sports athletes along the Grand Strand.

#### SELECTION PROCESS

The Sun News' selections of Toast of the Coast and Player/Athlete of the Year are based on coaches' nominations, discussions with coaches and staff observations. While an athlete's statistics are considered, they are not the sole factor used in Toast of the Coast decisions.

#### ONLINE

The Toast of the Coast can be seen on the Web at [TheSunNews.com](http://TheSunNews.com).